

467

MORAY AND NAIRN JOINT COUNTY COUNCIL

REPORT

by

The Medical Officer of Health

for the year

1959

County Buildings,
Elgin,

31st August 1960.

To: The Secretary, Department of Health for Scotland, The Joint County Council of Moray & Nairn, The Moray County Council, The Nairnshire County Council, The Town Councils of Burghead, Elgin, Forres, Grantown-on-Spey, Lossiemouth, Nairn and Rothes.

My Lords, Ladies and Gentlemen,

I have the honour to submit my fifth Annual Report on the health of Moray and Nairn, this being for the year ending 31st December 1959.

The principal vital statistics were very satisfactory and indicate that the general health of the community was good. The death rate from tuberculosis was the lowest ever recorded in the area. The Infant Mortality Rate, while higher than the record figure of 1958, was well below the average of the previous five years.

Good progress continued to be made with vaccination against poliomyelitis throughout the year. No confirmed cases of this infection were reported in Moray and Nairn during 1959 and hopes are therefore high that vaccination is making an important contribution to its ultimate conquest.

Once more I should like to record my appreciation of the unfailing interest and support given by the chairman and members of the Health Committee throughout the year. I am grateful also to all the other officials of the County Council for their co-operation and kindness. The staff of the Health Department are also to be congratulated on the results of another year of loyal service and hard work.

I am,

Your obedient servant,

JOHN DEWAR.

Medical Officer of Health.

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PRINCIPAL VITAL STATISTICS FOR 1959.

Population:

Registrar General's estimate at middle of 1959	58,222
1951 Census (Enumerated)	56,937

The 1959 figure was made up as follows:-

Moray County:

Landward	23,846
Burghead Burgh	1,388
Elgin Burgh	11,707
Forres Burgh	5,056
Grantown-on-Spey Burgh	1,475
Lossiemouth and Branderburgh Burgh	5,270
Roths Burgh	1,202

Nairn County:

Landward	3,536
Nairn Burgh	<u>4,742</u>
Total	<u>58,222</u>

The population of the combined county in the past ten years is shown in the following table:-

Year	Population	Year	Population
1950	58,692	1955	58,716
1951	57,606	1956	57,868
1952	58,273	1957	58,500
1953	58,012	1958	57,438
1954	58,396	1959	58,222

Births, Deaths and Marriages:

	<u>Total Number</u>	<u>Rate or Percentage</u>
Live Births:		
Registered in District	975	
Corrected for transfer	1,129	19.4 per 1,000 population
Legitimate	1,079	95.6% live births
Illegitimate	50	4.4% live births
Stillbirths:		
Registered in District	13	
Corrected for transfer	26	22.5 per 1,000 total births
Marriages:	384	6.6. per 1,000 population

Total Number

Rate or Percentage

Deaths:

Registered in district, all causes	557	
Corrected for transfer	599	10.3 per 1,000 population
Tuberculosis (all forms)	2	3.4 per 100,000 "
Tuberculosis (respiratory)	2	3.4 per 100,000 "
Principal Epidemic Diseases +	13	22.3 per 100,000 "
Children under 1 year	26	23.0 per 1,000 live births
Children under 1 weeks	18	15.9 per 1,000 live births
Maternal Deaths	-	

+ Typhoid fever, meningococcal infections, scarlet fever, whooping cough, diphtheria, influenza and measles.

Births:

The number of live births, corrected for transfer was 1,129 as compared with 1,143 in 1958. The birth rate for the year was therefore 19.4 per 1,000 of population. The birth rate for Scotland in 1959 was 19.1. During the past five years, the birth rates for Moray and Nairn and for the whole of Scotland have been as shown in the following table:

Year	Moray & Nairn	Scotland
1955	18.4	18.0
1956	19.5	18.5
1957	19.0	19.0
1958	19.9	19.2
1959	19.4	19.1

After all corrections had been made to the usual place of residence, the births in the various local authority divisions of the County were as follows:

Moray County:

Landward	408
Burghead Burgh	25
Elgin Burgh	277
Forres Burgh	82
Grantown-on-Spey Burgh	28
Lossiemouth and Branderburgh Burgh	142
Portmahomack Burgh	17

Nairn County:

Landward	59
Nairn Burgh	91

Total 1,129

Marriages:

The number of marriages registered was 384 as compared with 418 in 1958.

For the past ten years, marriages have been registered as follows:

Year	Marriages Registered	Year	Marriages Registered.
1950	390	1955	428
1951	401	1956	423
1952	411	1957	424
1953	414	1958	418
1954	414	1959	384

Deaths:

The number of deaths occurring in the combined County during 1959 was 599, the death rate being 10.3 per thousand of population. In the previous year there had been 660 deaths and a rate of 11.5 per thousand. The national rate in 1959 was 12.1 per thousand. The number of deaths at different ages is shown in the following table:

Under 1 Year	1 - 4	5 - 9	10-14	15-24	25-34	35-44	45-54	55-64	65-74	75-84	Over 85 Years
26	3	1	-	5	5	9	40	84	135	216	75

A complete list of the causes of death during the year will be found in Appendix A. As usual arteriosclerotic and degenerative heart disease along with the other diseases of the circulatory system, form the principal group in the table. 200 deaths (35% of the total) come into this category. The corresponding number in 1958 was 268 (41%). Vascular disease of the central nervous system (cerebral haemorrhage, thrombosis, etc.) caused 109 or 18% of deaths. Malignant disease in one form or another accounted for 107 deaths (18% of the total as compared with 16% in 1958). The above three main groups of disease therefore accounted for over 70% of all deaths during the year.

Although numerically very much smaller, some of the other groups of death are worth commenting on. Thus 14 deaths (nine males and five females) were the result of malignant disease of the respiratory system. In 1958, 18 deaths (13 males and five females) were so caused. In the previous three years (1955, 1956 and 1957) 14, six and ten deaths were certified as caused by malignant disease of the respiratory system. In view of the now well established connection between cancer of the lung and cigarette smoking, some at least of these deaths might well have been prevented by more moderate use of tobacco.

Motor vehicle accidents resulted in three deaths as compared with eleven in 1958, and this must be encouraging to the Road Safety Committee of the County Council. Accidents in the home accounted for six deaths, as compared with ten in 1958 and fourteen in 1957. Three fatalities were certified as caused by suicide, while forms of violence other than those already mentioned accounted for/

for six deaths as compared with fifteen in the previous year. It is therefore satisfactory to note that deaths due to all forms of violence had fallen from thirty-eight in 1958 to eighteen in 1959.

As compared with the previous year, the biggest proportional increase in causes of death was in the group headed 'Principal infectious diseases'.

13 deaths (nine male and four female) appear in this heading, all of them attributed to influenza. All of these deaths except two were in persons over fifty-five years of age. 23 deaths were certified as being caused by pneumonia as compared with nine in 1958. This increased prevalence was associated with the influenza epidemic in February and March, 1959.

Deaths due to tuberculosis and deaths in infancy will be discussed later in this report, but at this point one might mention that the three deaths occurring in the age-group 1 - 4 years were all caused by malignant disease. The single fatality in the age-group 5 - 9 years was due to accident.

CARE OF MOTHERS AND YOUNG CHILDREN

(a) Ante-natal and Post-natal Clinics:

The clinics held in Elgin and Forres by the North-Eastern Regional Hospital Board and in Nairn by the Northern Regional Hospital Board continued as in former years. The attendances have been as follows:

Dr. Gray's Hospital, Elgin.

New Ante-natal attendances	-	86
Total Ante-natal attendances	-	137
New Post-natal attendances	-	30
Total Post-natal attendances	-	30

Leancoill Hospital, Forres

New Ante-natal attendances	-	99
Total Ante-natal attendances	-	219
New Post-natal attendances	-	56
Total Post-natal attendances	-	58

Town & County Hospital, Nairn

New Ante-natal attendances	-	121
Total Ante-natal attendances	-	265
New Post-natal attendances	-	30
Total Post-natal attendances	-	30

The number of attendances differed little to those of the previous year. As has been observed in a previous report, most expectant mothers in the area look to their family doctor for ante-natal care and advice even though they have booked to be confined in hospital.

(b) Child Welfare Clinics:

The Child Welfare Clinics at the West End School in Elgin, Links School in Nairn/

Nairn, and R.A.F. Station, Kinloss, continued as in the previous year. In April a Clinic was opened at the Bishopmill Mutual Improvement Association Hall and in November a start was made with a Clinic in the Town Hall, Lossiemouth. The Lossiemouth Clinic was an immediate success and the number of mothers attending weekly with their babies for weighing and advice has been most encouraging. The Bishopmill venture however, was much slower in 'catching on' and attendances to the end of the year remained rather disappointing.

Attendances at Child Welfare Clinics

Clinic	Under one year		Over one year	
	Children attending for the first time	Total Attendances	Children attending for the first time	Total Attendances
Elgin, West End	31	662	3	95
Elgin, Bishopmill	113	346	64	204
Kinloss	56	568	56	213
Lossiemouth	10	106	-	-
Nairn	83	746	8	610
	293	2,428	131	1,122

(c) Dental Care:

During the first half of 1959, the Dental Staff consisted of one Chief Dental Officer and one Assistant Dental Officer. The latter however was on the sick list for much of the time and resigned in July. For the remainder of the year, no assistant dental officer was on duty, although an appointment was made to take effect from January, 1960. It was not possible for the staff to undertake any work with regard to pre-school children.

(d) Mother and Baby Homes:

Day Nurseries:

Residential Nurseries:

Children's Homes:

There are no Institutions, which are run by the Local Authority, falling into these categories, in the area.

(e) Infant Deaths:

26 infants under the age of one year died in 1959. The Infant Mortality Rate was therefore 23 per thousand live births. This rate is slightly higher than the record for the County of 21 per thousand which was established in the previous year. The national figure also increased slightly during the year from 27.7 to 28.4. The Infant Mortality in the County is compared with the whole of Scotland in the years since 1948 in the following table:

Year	Moray and Nairn	Scotland
1948	50	45
1949	39	41
1950	35	39
1951	32	37
1952	22	35
1953	30	31
1954	36	31
1955	32	30
1956	27	29
1957	26	29
1958	21	28
1959	23	28

In recent years one has compared Infant Mortality in Moray and Nairn with the neighbouring counties of Aberdeen, Banff and Inverness. In 1959, these three counties had rates of 22, 30 and 24 respectively, so that Moray and Nairn ranks next to Aberdeen as happened in 1958.

The following two tables show the causes of death in the first month of life and in the remainder of the first year. The general pattern of these figures has varied little over the last few years. The relative importance of prematurity and congenital abnormality as causes of death in the first month of life is again evident.

Causes of Death in the First Month of Life.

Prematurity	7
Congenital Malformation	5
Accidents of Delivery etc.	4
Alimentary Disease	1
Meningitis (B. Coli.)	1
	<hr/>
Total	18

Causes of Death, one month to one year.

Congenital Malformation	4
Respiratory Disease	3
Asphyxia (Inhalation of food)	1
	<hr/>
Total	8

(f) Welfare Foods:

The Welfare Foods scheme, through which mothers of young children are enabled to obtain a free supply of cod liver oil and also National Dried Milk and Orange Juice at subsidised prices, continued to be operated during the year by the distributors of the foods at approximately 40 centres in the County. The administration of this service gave rise to no particular difficulties during the year.

year. As in previous years, the distribution was largely undertaken by voluntary helpers such as District Nursing Sisters, Pharmacists, Teachers and local Shopkeepers, and the Health Department are grateful to these people for their willing and cheerful assistance not only with the distribution of the foods but also with the inevitable 'form-filling' which is required at monthly intervals.

The table below gives details of the uptake of foods during the past four years. Cod liver oil and orange juice figures were much the same as in 1958. The quantity of national dried milk distributed has again shown a fall. This trend appears to be general throughout the country.

Year	National Dried Milk	Cod Liver Oil	Orange Juice
1956	36,396 tins	5,803 Bottles	38,161 Bottles
1957	33,282 tins	4,878 Bottles	42,847 Bottles
1958	31,251 tins	3,595 Bottles	31,892 Bottles
1959	28,821 tins	3,601 Bottles	31,053 Bottles

MATERNITY SERVICES

(a) Births Notified:

The number of births notified to the Health Department as having occurred within the County (i.e. before correction for mother's residence) during 1959 was 992. Of these, 979 were live births and 13 were stillbirths.

(b) Nature of Attendance:

(1) Under Section 23 of the National Health Service (Scotland) Act:

(a)	Doctor engaged and present	89
(b)	Doctor engaged and not present	55
(c)	No Doctor engaged	-
	Total	144

(11) Other Domiciliary Cases -

(111) Cases in Hospitals and Nursing Homes in
Moray and Nairn 848

It will be seen that 144 of the 992 notified births were conducted in the patients' own homes (15%). This is the lowest recorded percentage of domiciliary confinements in the County. The percentages of home births in the area for the past ten years have been as shown in the following table:

Year	Percentage	Year	Percentage
1950	31	1955	17
1951	24	1956	18
1952	18	1957	18
1953	19	1958	17
1954	19	1959	15

The births occurring in hospital in the area were as follows:

Maryhill Maternity Hospital, Elgin	420
Leancoil Hospital, Forres	260
Town and County Hospital, Nairn	100
Ian Charles Hospital, Grantown-on-Spey	68

The provision of beds in the area for hospital confinement is of course high and the Report of the Committee which reported in 1959 on Maternity Services in Scotland showed that the Northern Regional Hospital Board which includes Nairnshire was best equipped with hospital beds in proportion to the number of births in the area per annum. Of the five Regional Hospital Boards in Scotland, the North-Eastern Board including Moray rates second in this respect.

(c) Maternal Deaths:

No deaths were recorded during the year as occurring due to childbirth.

(d) Administration of Analgesia:

	<u>Gas & Air</u>	<u>Trilene</u>
No. of domiciliary midwives in area qualified to administer analgesia	25	15
No. of sets of apparatus for the administration of analgesia in use at 31st December 1959.	3	4
No. of cases in which analgesia was administered by midwives in domiciliary practice during the year:		
(1) When doctor was not present at delivery	28	9
(11) When doctor was present at delivery	46	23
No. of cases in which pethidine was administered by midwives in domiciliary practice during the year:		
(1) When doctor was not present at delivery	39	
(11) When doctor was present at delivery	57	

(e) Stillbirths:

The number of stillbirths registered in the County during the year was 13, and the number after the necessary transfers into and out of the area had been made was 26. This gives a rate of 22.5 per thousand total births, an increase on/

on the previous year's rate of 14.6 which was the lowest recorded rate for the County. The rate for Scotland in 1959 was 22 per thousand live births, a new low record for the national figure. The figures for the past decade are shown in the following table:

Year	Moray and Nairn	Scotland
1950	21	27
1951	30	27
1952	16	26
1953	26	25
1954	20	25
1955	27	25
1956	17	23
1957	30	24
1958	15	23
1959	23	22

The causes of stillbirth during 1959 were as follows:

Accidents of Delivery	5
Congenital Malformation	2
Antepartum Haemorrhage	-
Toxaemia of Mother	-
Other Disease of Mother	-
Premature Birth	3
Other causes	2
Causes not stated	14

Total	<u>26</u>
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The causes of stillbirth and the causes of death in the first month of life are very often similar and it is therefore useful to calculate a 'perinatal death rate' which is the number of stillbirths added to the deaths in the first four weeks of life per thousand total births. For the past few years these rates in Scotland and in the County have been:

	Perinatal Death Rate	
Year	Moray and Nairn	Scotland
1955	46	44
1956	34	43
1957	47	43
1958	28	41
1959	38	41

HEALTH VISITING.

As in previous years the District Nursing Sisters have done combined duties (Health Visitor, Domiciliary Nurse, District Midwife, and School Nurse). The table which follows shows the work accomplished in the various categories of Health Visiting Duties as compared with the year 1958. It will be noted that the total number of visits paid decreased considerably. This was undoubtedly due to a year in which great difficulties with staffing were experienced.

Type of visit	1958		1959	
	No. visited	Total visits	No. visited	Total visits
Expectant Mothers	259	1,970	211	1,669
Infants	1,120	13,952	1,297	11,005
Children (1-5 Years)	3,683	12,236	4,007	10,308
Tuberculosis Cases	186	1,997	189	1,897
Other cases	44	3,058	241	2,682
Total	5,292	33,213	5,945	27,561

HOME NURSING.

Nursing care was given by the District Staff to 3,437 patients in their own homes, a total of 52,109 visits being made. From the table it will be seen that the number of patients attended was practically the same as in previous years. The total number of visits has fallen by about 5% from 1958.

Year	No. of patients attended	No. of visits paid
1955	3,506	54,959
1956	3,423	53,829
1957	3,551	56,215
1958	3,445	55,312
1959	3,437	52,109

As has already been mentioned in the section on Health Visiting, 1959 was a year in which great difficulty was experienced in the recruiting of staff. Fortunately few changes were necessary in the single districts but in Elgin, Forres and Lossiemouth where the establishment is 5, 3, and 2 Nursing Sisters respectively, there were many resignations, and temporary arrangements were often necessary until permanent appointments could be made.

There were 21 motor cars in use. Four cars were replaced during the year. These were for use by the County Nursing Officer and by the District Nursing Sisters in Birnie, Burghead, and Dyke and Moy. During the year heaters were installed in all the cars and the expense incurred was borne by the Moray Advisory Committee/

Committee and the County of Nairn Nursing Advisory Committee. This provision is very much appreciated by the Nursing Staff during the winter months.

Before concluding this section of the report, mention must be made of the retiral of Miss C. Bulloch, who left the service of the Joint County Council on 15th July 1959 after being in Moray and Nairn as County Nursing Officer for six weeks short of twenty years. Her time of service included the whole of the very difficult war and post-war period, and the transfer of the duties of the old District Nursing Committees to the County Council. During this era of constant change and many problems, Miss Bulloch enjoyed the confidence and high regard both of the County Council and of the Nursing Staff.

VACCINATION AND IMMUNISATION

Vaccination against Smallpox:

Notifications of vaccinations in 1959 were as follows:

	<u>Primary Vaccination</u>	<u>Re-Vaccination</u>
Typical Vaccinia	988	58
Accelerated Reaction	3	45
Reaction of Immunity	3	73
No Local Reaction	26	27
	<hr/> 1,020	<hr/> 203

During the year the number of primary vaccinations increased from 846 in 1958 to 1,020. 929 of this total were successful vaccinations of babies born in 1958 and 1959. It will be seen therefore that the level of infant vaccination remains at a very satisfactory level. The general medical practitioners of the area and also the District Nursing Sisters deserve the highest praise for this state of affairs. There is no doubt also that parents of young children in this part of Scotland are sufficiently enlightened to accept vaccination for their children as the normal procedure. There are very few exceptions to this general rule.

Immunisation against Diphtheria:

Records of immunisation during 1959 were as follows:

<u>Year of Birth</u>	<u>Primary</u>	<u>Re-inforcement</u>
1959	174	-
1958	647	-
1957	88	-
1956	19	-
1955	17	-
1954	9	37
1953	13	406
1952	26	129
1951	8	16
1950	3	3
	<hr/> 1,004	<hr/> 591
c/fwd.	1,004	591

Records of immunisation during 1959 (contd.)

<u>Year of Birth</u>	<u>Primary</u>	<u>Re-inforcement</u>
B/fwd.	1,004	591
1949	1	1
1948	1	1
1947	1	2
1946	-	1
1945	1	-
1944 and earlier	-	6
	<hr/> 1,008	<hr/> 602

It was noted in the last Annual Report that the number of children who received a primary course of immunisation against diphtheria fell from 1,023 in 1957 to 877 in 1958. This decrease was expected because vaccination against poliomyelitis was in full swing for young children throughout 1958. The ground lost in 1958 has been largely recovered in 1959 as will be seen in the table. Primary courses have risen to 1,008 for the year and reinforcing injections (given usually at about the age of entry to school) have increased from 399 to 602.

Protection against Whooping Cough and Tetanus:

As in recent years, most infants in the County were protected against whooping cough (pertussis) and tetanus as well as diphtheria in a course of injections using a combined prophylactic against all three diseases. This is shown in the following table:

Number of children who have		<u>Total</u>
1. completed a primary course of pertussis vaccine during the year 1959.	(a) pertussis alone	-
	(b) pertussis + diphtheria	11
	(c) pertussis + diphtheria + tetanus	967
	Total	<hr/> 978
2. had a booster dose during the year 1959.	(a) pertussis alone	-
	(b) pertussis + diphtheria	3
	(c) pertussis + diphtheria + tetanus	18
	Total	<hr/> 21

Vaccination against Poliomyelitis:

It will be recalled that in the years 1956 to 1958 vaccination against poliomyelitis had gradually been extended to include all children between the age of 6 months and 15 years, as well as one or two special groups such as expectant mothers. Towards the end of 1958 the offer of vaccination had been made to young people under the age of 25. It was also recommended that in addition/

addition to two injections at an interval of three or four weeks the course of protection should include a third injection, seven or more months after the second.

During 1959 therefore, the main effort was directed towards the young adults aged 15 - 25 and towards giving reinforcing injections to pre-school and school children. By the end of 1959 the response from the 'under 25' age-group was still rather disappointing but excellent progress had been made with booster injections to children. As in previous years, the general practitioners took a full share in this work, being supplied with vaccine by the Health Department in the County Buildings. The following tables show the progress of the scheme in the years up to 1959 and also the details of the work in 1959 itself:

Summary of Vaccination against Poliomyelitis.

Year	No. of persons vaccinated with two injections	Reinforcing injections
1956	572	-
1957	4,394	-
1958	6,261	49
1959	4,638	12,093

Poliomyelitis Vaccination - 1959.

Number of persons vaccinated with two injections.

Children born in the years 1943 to 1959	2,655
Young persons born in the years 1933 to 1942	1,498
Expectant mothers	360
Others (Hospital staff etc.)	125
Total	4,638

PREVENTION OF ILLNESS, CARE AND AFTER-CARE

TUBERCULOSIS:

(1) Deaths:

Two deaths were due to tuberculosis in Moray and Nairn in 1959. Both were caused by pulmonary disease. The mortality rate was therefore 3.4 per 100,000 of population both for all forms of the disease and for pulmonary tuberculosis. This death rate is the lowest ever recorded in the area. The mortality rate for/

for Scotland in 1959 was 11 per 100,000. The ages at death of the fatal cases were as follows:

- (1) Male aged 45.
- (2) Female aged 68.

The number of deaths from all forms of tuberculosis in the last twenty years is shown in the next table. The death rate as compared with that for Scotland is seen on the graph on page 18.

Year	Deaths	Year	Deaths
1940	28	1950	19
1941	21	1951	15
1942	17	1952	3
1943	27	1953	6
1944	20	1954	4
1945	24	1955	8
1946	20	1956	6
1947	24	1957	8
1948	19	1958	3
1949	23	1959	2

(11) Notifications:

Statutory notification was made to the Health Department during the year of 41 persons believed to be suffering from tuberculosis. This compares with 47 in 1958. 34 notifications were in respect of pulmonary disease as compared with 41 in the previous twelve month period. Seven notifications concerned non-pulmonary disease. Diagnosis of tuberculosis was confirmed in 29 patients, the location of the infection being as shown below. The figures for the previous year are also given:

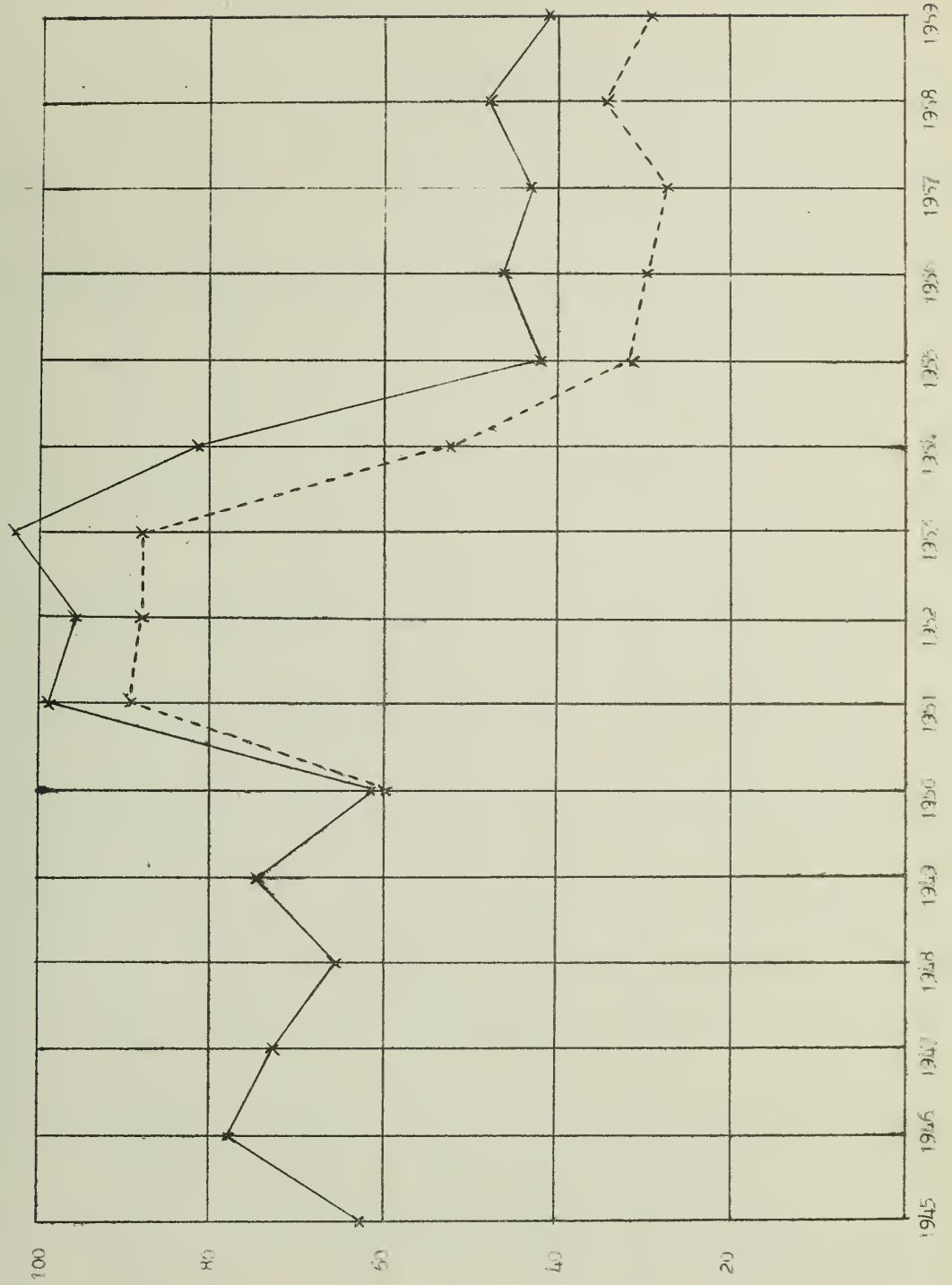
Site of Disease	1958	1959
Lungs	30	22
Abdomen	2	-
Bone and Joint	-	-
Meninges	-	2
Superficial Glands	1	4
Other Organs	3	1
Total	36	29

It will be seen from the graph on page 17 that the number of notifications has not varied much in the past five years.

The/

NOTIFICATIONS OF TUBERCULOSIS 1945 -- 1959.

Cases Notified *---*
 Notifications Confirmed *---*---*



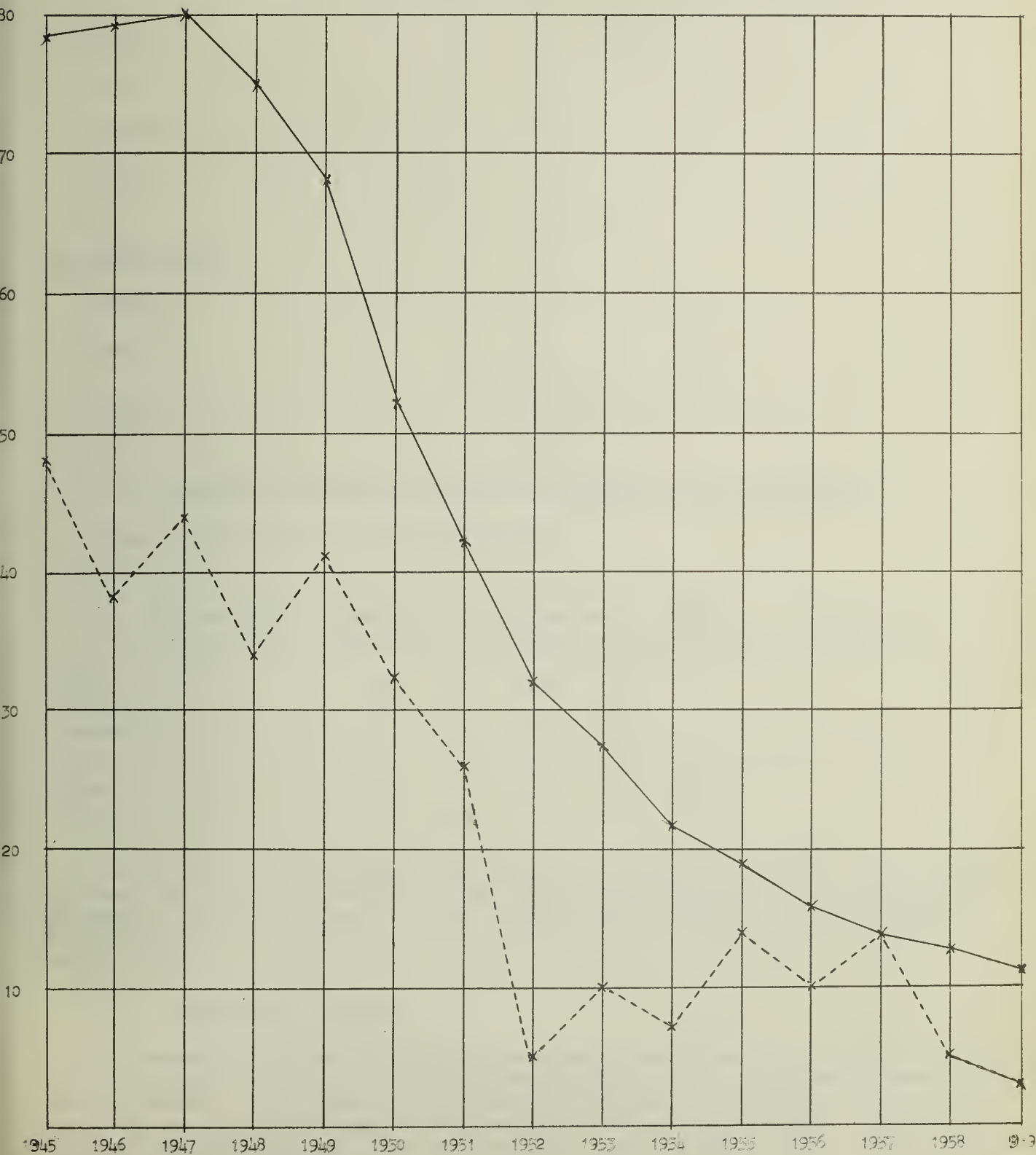
TUBERCULOSIS 1945 - 1959.
Death Rates per 100,000.

Scotland

x — x — x — x

Moray and Nairn

x - - x - - x - - x - - x





The age and sex incidence of confirmed notifications is illustrated in the accompanying table:

Age-groups	0-4	5-14	15-24	25-34	35-44	45-54	55-64	65+	Total
<u>Respiratory:</u>									
Males	-	2	2	-	3	2	2	-	11
Females	2	2	5	-	1	1	-	-	11
Total	2	4	7	-	4	3	2	-	22
<u>Non-Respiratory:</u>									
Males	-	2	-	-	1	1	-	1	5
Females	1	-	-	-	-	-	1	-	2
Total	1	2	-	-	1	1	1	1	7

(111) Hospital Admissions and Discharges (Respiratory Tuberculosis):

These are shown in the following table:

	In hospital on Jan. 1st	Admitted during year	Discharged during year	Died in hospital	In hospital on Dec. 31st
Male	4	26	22	1	7
Female	3	17	17	1	2
Total	7	43	39	2	9

As was pointed out in the annual report for 1958 there is now no waiting list for hospital admission when this is advised by the Chest Physicians. The number of hospital beds in the area occupied by tuberculosis patients has diminished in recent years but the figures for 1959 are very similar to those of the previous twelve months.

(1V) Tuberculosis Register:

The number of persons in the area known to be suffering from tuberculosis was 352 as compared with 348 at the end of the previous year. Of these 200 were males and 152 females. 303 were on the register on account of respiratory tuberculosis and 49 because of other forms of the disease. These numbers differ little from those of the previous year. It may seem that they are unduly high, the reason for this/

this being that after active disease has been arrested treatment and surveillance normally continue for a further period of several years. During this time, a high percentage of these patients are perfectly well and have resumed normal activities.

(V) Investigation of Contacts and B.C.G. Vaccination:

As in previous years, routine investigation was conducted of each new case of tuberculosis occurring in the area. X-ray examination was offered to family contacts and also to other contacts when this seemed to be indicated. Generally speaking, relatives of patients and others co-operated extremely well with the Chest Physicians and with the Health Department in this matter. That this work is well worthwhile is demonstrated by the fact that four family contacts during the year were themselves found to be suffering from tuberculosis. Although the number of confirmed notifications was lower than in the previous year, the volume of work in connection with contacts did not diminish. A summary of this work is set out in tabular form below:

Contacts seen for the first time during the year:

		<u>1959</u>
Adults	- Male	49
	- Female	41
Children	- Male	46
	- Female	33
Total		<u>169</u>

X-ray Examination of contacts: 507

Skin Tests (including initial, post B.C.G. and annual):

Adults	- positive	-
	- negative	2
Children	- positive	232
	- negative	112
Total		<u>346</u>

Contacts found to be suffering from tuberculosis: 4

Contacts who refused examination: 13

B.C.G. Vaccination, (other than school-leavers):

Nurses	- Male	-
	- Female	14
Students	- Male	-
	- Female	-
Contacts	- Male	41
	- Female	29
Others	- Male	3
	- Female	4
Total		<u>91</u>

(V1) B.C.G. Vaccination of School Children:

During the school session 1958-1959 B.C.G. vaccination against tuberculosis was again offered to children approaching school leaving age, the pupils born in 1945 being the age-group selected for skin-testing and vaccination. The percentage of parents who gave consent for their children to be included in the scheme was again highly satisfactory (92%). Mantoux tests were given to 581 pupils, 98 of these, or 16.9% were positive, 483 (83.1%) were negative and 481 of these were given B.C.G.

In addition to pupils born in 1945, vaccination was offered to all new entrants to the Haugh Pre-Nursing College. It was found that 18 of the 19 new entrants had already been tested and vaccinated as thirteen year olds. 20 pupils born in years prior to 1945 who had been absent the previous session were tested and of these 16 received B.C.G.

The results of tuberculin tests at the secondary schools in the County are shown in the table:

TUBERCULIN TESTS - Session 1958-1959.

1945 Age-Group.

School	Number Tested	Positive		Negative	
		No.	%	No.	%
Elgin Academy	137	13	9	124	91
Forres Academy	109	18	17	91	83
Nairn Academy	77	21	27	56	73
Grantown Grammar S.	53	7	13	46	87
Milne's High School	40	8	20	32	80
Lossiemouth J.S.	66	12	18	54	82
Roths J.S.	19	8	42	11	58
St. Andrew's Lhanbryde J.S.	15	2	13	13	83
Alves J.S.	28	2	7	26	93
Duffus J.S.	29	6	21	23	79
Dyke J.S.	2	-	-	2	100
Cawdor J.S.	6	1	17	5	83
Total	581	98	16.9	483	83.1

(V11) Additional Nourishment:/

(V11) Additional Nourishment:

During the year extra nourishment in the form of milk was supplied to certain patients with active tuberculosis who were under treatment. This was supplied on the authority of the Medical Officer of Health when it was recommended by the Chest Physician. At the end of the year, 9 persons were receiving help in this way.

CHIROPODY:

The Joint County Council continued to give a grant of 25% during the year to voluntary organisations which provided a chiropody service for the elderly. The organisations concerned were as before, namely, the Moray & Nairn Branches of the British Red Cross Society and the Elgin Old People's Welfare Association. Both in Moray & Nairn, the Branches of the Red Cross were able to extend their arrangements and by liaison with the County Nursing Officer and her district nursing staff have made their coverage much more comprehensive.

HEALTH EDUCATION:

Although no special project of Health Education was undertaken during the year, the District Nursing Sisters in their capacity as Health Visitors continued to advocate the rules of healthy living in their everyday work.

In January 1959, the medical lecturer of the Scottish Council for Health Education carried out a lecture tour of schools in the County. Thirteen schools were visited and talks, illustrated by film and other visual aids, given. This was Dr. Simpson's third visit to the area and she commented very favourably on her reception by the pupils and on their intelligent interest in health. In the secondary schools which were included in her tour, Dr. Simpson spoke on "Smoking and Lung Cancer".

A number of other lectures and talks on health topics were given by members of our own staff to various preformed audiences in the County. Some of these were illustrated by films and film strips loaned by the Scottish Council for Health Education. Grateful acknowledgement is made to the staff of the Council for their willing help.

HOME HELP.

The Domestic Help service which made a small start in 1954 has continued to expand each year since then. At the end of 1959, 33 part-time domestic helps were being employed by the Health Department as compared with 19 at the end of the previous year. The following table illustrates well the point that home help is most often required on account of chronic illness or old age. In many cases admission to hospital or institutional accommodation would be required but for the/

the assistance provided by a home help.

	<u>1954</u>	<u>1955</u>	<u>1956</u>	<u>1957</u>	<u>1958</u>	<u>1959</u>
No. of cases for which Helps were provided:	2	12	25	43	49	55
No. of above provided on account of confinement:	-	4	6	7	6	3
No. of above provided on account of chronic sick, aged and infirm:	2	8	19	30	34	43

The 55 households who received domestic help in 1959 were situated in the different local authority areas of the combined county as follows:

Moray County:

Landward	12
Burghead	1
Elgin	18
Forres	3
Grantown-on-Spey	3
Lossiemouth	4
Roths	6

Nairn County:

Landward	2
Nairn	<u>6</u>
Total	<u>55</u>

Since the start of the service, the annual cost has increased from just over £100 to well over £3,500 in the financial year 1958-1959. A proportion of this cost is of course recovered from the households assisted. As no review had been made of the scale of charges since the beginning of the Home Help Scheme, the County Council at the end of 1959 decided to make such a review. This was not completed until the early months of 1960, and an account of it will be given in the Annual Report for that year.

CONTROL OF INFECTIOUS DISEASE.

Table of Notifications
(Excluding Tuberculosis)

Disease	1955	1956	1957	1958	1959
Cerebrospinal Fever	-	-	4	2	-
Diphtheria	-	-	-	-	-
Dysentery	13	9	11	7	24
Erysipelas	12	1	4	7	2
Food Poisoning	+	-	10	-	3
Jaundice, Acute Infective	-	-	-	1	-
Ophthalmia Neonatorum	1	-	1	-	-
Pneumonia, Acute Influenzal	1	5	14	4	6
Pneumonia, Acute Primary	73	56	54	40	48
Poliomyelitis, Acute	11	5	3	20	-
Puerperal Fever & Pyrexia	2	3	-	-	1
Scarlet Fever	20	33	12	30	56
Typhoid & Paratyphoid Fever	3	-	-	9	4
Whooping Cough	180	9	27	38	8

+Made notifiable in 1956

152 cases of infectious disease were reported to the Health Department as compared with 177 in 1958, and 155 in 1957.

Anthrax. No cases of anthrax in the human subject were reported during the year. On 6th November 1959, however, it was reported that 3 cwts. of meat which had been obtained from a knackery in an adjacent county for sale in Moray and Nairn as food for pets might have been from an animal which died of anthrax. Immediate investigation showed that all the meat had been sold on 29th and 30th October. All hospitals, doctors, and district nursing sisters were informed of the incident in case human cases of anthrax should occur as the result of handling infected meat. No such infections did in fact happen.

Diphtheria. For the ninth year in succession no case of diphtheria was notified in the County.

Dysentery: 24 cases of dysentery were notified as compared with seven in the previous year. Sonne' dysentery infections seem always to be with us in the past few years and a curious feature of the year 1959 was that at least one notification was received in every month of the year except May. The largest number of notifications received in any one month was December when there were 7. The disease was widespread in the County at this time and was present in the Elgin, Forres and Nairn areas. It is known that many mild cases occurred which were not formally notified. The control of the Sonne' type of dysentery is a very difficult problem and calls for a high standard of personal hygiene in schools, in institutions of all kinds, and in every home in the country.

Food Poisoning. Three cases were notified during the year. Two cases were in one family and the third was an isolated case occurring in another part of the county a week later. No connection was discovered between the two incidents and the sources of infection remained unknown. One of the patients was a food-handler and was kept off work until bacteriologically free of infection.

Influenza. Influenza is not a disease notifiable by statute. Although the number of notifications of acute influenzal pneumonia and acute primary pneumonia were not unusually high, it is known that influenza was very prevalent in the early months of the year. Both young and older age-groups of the population were affected. Thus in March the attendance at many schools was very low on account of influenza. The number of cases of sickness due to the influenzal group of ailments recorded by the Ministry of Pensions and National Insurance reached a peak of over 400% of the "normal" at the end of February in the Elgin area and about the middle of March in the Forres district. Several outbreaks were also recorded in patients and staff of two hospitals in the County. As will be seen by reference to Appendix 'A', 13 deaths were certified as being due to influenza. These were mostly in elderly persons.

Paratyphoid Fever. Four cases of paratyphoid infection were notified in 1959. Two of these occurred in the first week of the year at the end of a hospital outbreak which was described in the report for 1958. In December 1959, two further cases of paratyphoid B were notified. These patients were discovered in the course of routine contact investigation of an outbreak in another part of Scotland. They had been on holiday with relatives and had become infected before returning home to Moray. Neither had serious symptoms.

Poliomyelitis. No cases of poliomyelitis were recorded as compared with 20 in 1958. Scotland generally had a low incidence of this disease during the year and there are now good grounds for hoping that vaccination is making a very important contribution to the conquest of this infection. Although no confirmed cases occurred in the County a number of children were admitted to hospital as suspected cases.

Scarlet Fever. 56 cases of scarlet fever were notified as compared with 30 cases in the previous year. The disease cropped up in almost every area of the County but was exceptionally mild in character. Although more prevalent than of late, reference to previous annual reports shows that thirty years ago it was not unusual to have upwards of 400 cases notified in one year. At that time scarlet fever was a much more serious illness, and a much higher proportion of cases required admission to hospital for isolation and treatment. The more frequent occurrence of scarlet fever has been noted in other parts of Scotland in recent years.

Venereal Diseases./

Venereal Diseases. Venereal infections are not notifiable by statute to the Health Department. Returns are obtained however, of patients in the area who attend hospital for investigation and treatment. The figures for 1959 were very low indeed, and it was not considered necessary to take any special preventive measures.

MENTAL HEALTH SERVICES.

(1) Certification of persons of unsound mind:

	<u>Males</u>	<u>Females</u>
<u>Removals during 1959:</u>		
To Craig Dunain Hospital, Inverness	1	2
To Morayshire Mental Hospital	14	23
To Royal Mental Hospital, Aberdeen	-	-
Voluntary admissions arranged for by Authorised Officer	-	3
<u>Boarded-out Lunatics:</u>		
Under supervision in 1959	1	1

(11) Mental Deficiency:

Mental Defectives Boarded-out:

From Moray and Nairn	6	5
From other areas	1	3
On licence from M.D. Institution	1	1

Mental Defectives in Institutions:

New cases admitted	-	-
Discharged	-	1
Died	-	-

M I S C E L L A N E O U S

Nurseries and Child Minders Regulation Act

No registrations were in force during the year under the terms of this Act.

Port Health Administration

Seven vessels from foreign ports submitted Declarations of Health on entering port/

port within the area. All of these ships docked at Burghead with cargoes of timber and were of German or Dutch nationality. No action was required by the Public Health Department on account of infectious disease aboard ship.

National Assistance Act, 1948.

Residential accommodation under part III of the Act is provided at Craigmoray, Elgin (60 beds), Auchernack, Forres (14 beds), and Balblair, Nairn (24 beds). In addition to the local authority provision, residential accommodation for old people is available at Anderson's, Elgin (36 beds) and Whinnieknowe Eventide Home, Nairn (38 beds).

Towards the end of 1959 the Welfare Committee was considering the desirability of provision of residential accommodation at Grantown-on-Spey and also the need for additional beds at Auchernack, Forres.

It was not necessary during the year to take action for compulsory removal of any persons under Section 47 of the Act because they were not having proper care and attention.

Nursing Homes Registration (Scotland) Act, 1938.

At the beginning of the year, one nursing home in the area was registered under the terms of the above Act. In February however, the registration of this home was cancelled by the local authority, because the property was also in use as a caravan site. Exemption from registration was again granted by the local authority to one institution in the area under Section 6 of the Act.

Factories Acts, 1937 to 1959.

The County Sanitary Inspector and the Sanitary Inspectors of the small Burghs within the combined County of Moray and Nairn paid the required visits to factories and workshops in connection with the administration of the above Acts. In 1959 there were 412 factories on the register, distributed as follows:

County of Moray	95
Burgh of Burghead	6
Burgh of Elgin	136
Burgh of Forres	62
Burgh of Grantown-on-Spey	13
Burgh of Lossiemouth	26
Burgh of Rothes	11
County of Nairn	18
Burgh of Nairn	45
Total	412

Details of the inspections, for which I am indebted to the Sanitary Inspectors, are shown in Appendix B to this report.

APPENDIX A.

Table of Causes of Death - 1959.

1.	Tuberculosis of Respiratory System	2
2.	Tuberculosis, other forms	-
3.	Syphilis and its sequelae	-
4.	Dysentery, all forms	-
5.	Whooping Cough	-
6.	Meningococcal infections	-
7.	Acute poliomyelitis	-
8.	Measles	-
9.	Other infective and parasitic diseases	3
10.	Malignant neoplasms of respiratory system	14
11.	Malignant neoplasms of haematopoietic tissues	7
12.	Other malignant neoplasms	86
13.	Benign and unspecified neoplasms	1
14.	Diabetes mellitus	7
15.	Anaemias	3
16.	Other general diseases	8
17.	Vascular lesions affecting central nervous system	109
18.	Non-meningococcal meningitis	1
19.	Other diseases of nervous system	11
20.	Rheumatic Fever	1
21.	Chronic Rheumatic Heart Disease	2
22.	Arterio-sclerotic and degenerative heart disease	178
23.	Other diseases of heart	9
24.	Hypertensive heart disease	9
25.	Other hypertensive disease	5
26.	Other circulatory disease	5

27.	Influenza	13
28.	Pneumonia (except of new born)	23
29.	Bronchitis	12
30.	Other Respiratory disease	2
31.	Ulcer of stomach and duodenum	5
32.	Appendicitis	1
33.	Intestinal obstruction and hernia	2
34.	Gastritis and duodenitis	-
35.	Diarrhoea (except of new born)	2
36.	Cirrhosis of liver	1
37.	Other diseases of liver	1
38.	Other digestive diseases	1
39.	Nephritis and nephrosis	10
40.	Hyperplasia of prostate	6
41.	Other diseases of genito-urinary system	3
42.	Puerperal sepsis including post-abortion sepsis	-
43.	Other puerperal causes	-
44.	Disease of skin and organs of locomotion	6
45.	Congenital malformations	8
46.	Birth injuries, post-natal asphyxia and atelectasis	4
47.	Pneumonia of new born	-
48.	Diarrhoea of new born	-
49.	Other infections of new born	-
50.	Immaturity and other diseases peculiar to early infancy	7
51.	Senility	8
52.	Cause ill-defined or unknown	4
53.	Suicide and self-inflicted injury	3
54.	Motor vehicle accidents	3

55.	Other road vehicle accidents	1
56.	Accidents in the home	6
57.	Other violence	<u>6</u>
	All Causes	<u>599</u>

APPENDIX B.

Prescribed Particulars on the Administration
of the Factories Act, 1937.

1. INSPECTIONS for purposes of provisions as to health (including inspections made by Sanitary Inspectors)

Premises in County of Moray (1)	Number on Register (2)	Number of		
		Inspections (3)	Written notices (4)	Occupiers prosecuted (5)
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities /	77	20	-	-
(11) Factories not included in (1) in which Section 7 is enforced by the Local Authority	14	5	-	-
(111) Other Premises in which Section 7 is enforced by the Local Authority / (excluding out-workers' premises)	4	-	-	-
Total	95	25	-	-

Premises in Burgh of Burghead (1)	Number on Register (2)	Number of		
		Inspections (3)	Written notices (4)	Occupiers prosecuted (5)
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities /	5	3	-	-
(11) Factories not included in (1) in which Section 7 is enforced by the Local Authority	1	-	-	-
(111) Other Premises in which Section 7 is enforced by the Local Authority / (excluding out-workers' premises)	-	-	-	-
Total	6	3	-	-

Premises in Burgh of Elgin (1)	Number on Register (2)	Number of		
		Inspections (3)	Written notices (4)	Occupiers prosecuted (5)
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities /	23	6	-	-
(11) Factories not included in (1) in which Section 7 is enforced by the Local Authority	110	15	3	-
(111) Other Premises in which Section 7 is enforced by the Local Authority / (excluding out-workers' premises	3	7	-	-
Total	136	28	3	-

Premises in Burgh of Forres (1)	Number on Register (2)	Number of		
		Inspections (3)	Written notices (4)	Occupiers prosecuted (5)
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities /	22	16	-	-
(11) Factories not included in (1) in which Section 7 is enforced by the Local Authority	40	40	-	-
(111) Other Premises in which Section 7 is enforced by the Local Authority / (excluding out-workers' premises	-	-	-	-
Total	62	56	-	-

Premises in Burgh of Grantown-on-Spey (1)	Number on Register (2)	Number of		
		Inspections (3)	Written notices (4)	Occupiers prosecuted (5)
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities /	10	4	-	-
(11) Factories not included in (1) in which Section 7 is enforced by the Local Authority	3	1	-	-
(111) Other Premises in which Section 7 is enforced by the Local Authority / (excluding out-workers' premises)	-	-	-	-
Total	13	5	-	-

Premises in Burgh of Lossiemouth and Branderburgh (1)	Number on Register (2)	Number of		
		Inspections (3)	Written notices (4)	Occupiers prosecuted (5)
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities /	26	16	-	-
(11) Factories not included in (1) in which Section 7 is enforced by the Local Authority	-	-	-	-
(111) Other Premises in which Section 7 is enforced by the Local Authority / (excluding out-workers' premises)	-	-	-	-
Total	26	16	-	-

Premises in Burgh of Rothes (1)	Number on Register (2)	Number of		
		Inspections (3)	Written notices (4)	Occupiers prosecuted (5)
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities /	11	3	-	-
(11) Factories not included in (1) in which Section 7 is enforced by the Local Authority	-	-	-	-
(111) Other Premises in which Section 7 is enforced by the Local Authority / (excluding out-workers' premises)	-	-	-	-
Total	11	3	-	-

Premises in County of Nairn (1)	Number on Register (2)	Number of		
		Inspections (3)	Written notices (4)	Occupiers prosecuted (5)
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities /	14	4	-	-
(11) Factories not included in (1) in which Section 7 is enforced by the Local Authority	4	-	-	-
(111) Other Premises in which Section 7 is enforced by the Local Authority /	-	-	-	-
Total	18	4	-	-

Premises in Burgh of Nairn (1)	Number on Register (2)	Number of		
		Inspections (3)	Written notices (4)	Occupiers prosecuted (5)
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities	5	-	-	-
(11) Factories not included in (1) in which Section 7 is enforced by the Local Authority	40	3	2	-
(111) Other Premises in which Section 7 is enforced by the Local Authority (excluding out-workers' premises)	-	-	-	-
Total	45	3	2	-

2. Cases in which Defects were found.

Burgh of Elgin. Three defects were reported. One related to lack of cleanliness, the second concerned the lack of separate sanitary accommodation for the sexes, while the third was a minor offence against the provisions of the Act. These three defects were notified to the Local Authority by H.M. Inspector of Factories and were remedied without recourse to prosecution.

Burgh of Nairn. Two defects were reported by H.M. Inspector of Factories to the Local Authority. One complaint was of defective sanitary accommodation and the other of the lack of separate sanitary accommodation for the sexes. The defects were put right without legal action being required.

3. Outwork.

No lists of outworkers were submitted during the year in accordance with Section 110 of the Factories Act.

APPENDIX C.

Staff as at 31st December, 1959.

Medical Officer of Health	John Dewar, M.B., Ch.B., D.P.H.	
Assistant Medical Officer of Health	Margaret I. Bower, M.B., Ch.B., D.P.H.	
Chief Dental Officer	Violet H. Sim, L.D.S.	
Assistant Dental Officer	Vacant	
Superintendent Nursing Officer	Jessie M.B. McVicar, R.G.N., S.C.M., Q.N., H.V.	
District Nursing Sisters	Alves & District	- Elizabeth Fowler
	Bellie & Speymouth	- Edna Mackenzie
	Birnie & Longmorn	- Margaret Terris
	Burghead	- Helen Young
	Dallas & District	- Jean Mitchell
	Duffus	- Edith Cooper
	Dyke & Moy	- Williamina Gordon
	Elgin	- Charlotte Smith
		- Margaret Mitchell
		- Edith Reid
	Forres & District	- Christina MacDonald
		- Davis Smith
		- Christian Copland
	Grantown-on-Spey	- Maggie Gordon
	Kingston and	
	Garmouth	- Jane Mitchell
	Knockando	- Jessie Barron
	Lhanbryde and	
	District	- Margaret McBoyle
	Lossiemouth	- Margaret Patterson
	Rothies	- Isabella Robb
	Nairn	- Winifred Fisher
	Auldearn	- Margaret Adam
	Cawdor	- Catherine Falconer
	Croy	- Catherine MacGruer
Dental Attendants	Janet Campbell	
	Patricia George	
Clerical Staff	Dorothy Robertson	
	Janet Bell	
	June Corbett	
	Alison Gault	
	Jean Officer	
	Helen Strachan	

